



Friday, January 22, 2021

Newsletter of the Hualapai Tribe

Issue #02

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## Hualapai Tribal Chairman • January Update

*Submitted by: Dr. Damon Clarke | Hualapai Tribe*

### New Year and Future Times 2021

Gumiyuje? (How Are You?)

To one and All, we have endured a year of a devastating pandemic, the local loss of members of the tribe from the C-19; many tribal members lost through the year and many prominent people outside our small town of Peach Springs. Civil Rights leaders, athletes and public entertainers. This virus is still here, making our movement limited within the reservation, cities, and state and causing loss of that feeling of connectivity.

With the upcoming change in season; Winter- It is here. We are still not getting the moisture needed for our lands, the animals, and the cleansing of our spirit. Take time to enjoy the rain, snow, and then the sun and elements of the change of the season. We are concerned with the weather as it has an effect on all things that we are surrounded with.

We have these expectations with what we know. It is a pattern of our memories, just like the doubts and fears of what we just have gone through. To stand in the present time is trusting in what is in the future of our people. We must give that trust to the Greatest Mystery of a vision. Let's take that time to think and begin to see beyond our sights of the future. We are free to see the workings of the Creator.

The coming change is one of the mysteries of life that sets our minds spinning. We must live for the day and understand that we do not control the future. We have the moment at hand to live and transform to become better with what we create, we say, and what we do. If we look at the positive of the New Year, it will flourish. When we embrace change as a part of growth, it can become exciting and full of joy. We must embrace the magic of change. How we look at things is a matter of our past, we can either encounter it with passion or with fear. It is a matter of perspective. The choice is always yours, it never rests outside of our personal thoughts or the area of sacred spaces.

At this time, we have the vaccine that some have taken the first dose. Many others have chosen not to take the vaccine, it is a matter of choice. We are looking to heal with this pandemic. Just the other day, Tribal leaders (statewide) have mentioned that they hope their people get the vaccine. We are hoping the same. The people at the clinic have set up a vaccine pod at the tribal gym for this. It will be there for the next few weeks and we hope to reach a 75% or better mark for the community.

In this New Year, we will struggle with our budgets with both the Tribe and with our GCRC. It is something that we must work with and work towards a better future as we are looking towards. We have the expectations of great strides, but we need to work together as we have this change that has occurred. The change has been out of our control, but we must see how we can make a better tomorrow for the community and other people of the

world. We cannot give in to this change to make it worse, we must be strong to develop the change.

Work towards this change of the new year with us as we expect change to be inevitable and seek the best in everything you do. We, as the Tribal Council, are working towards the changes that are here and now, and those that are not to begin a new vision of making the betterment of our past. We seek the future times of 2021 to become a time for change.

Happy New Year to you and yours.

Damon R. Clarke and the Hualapai Tribal Council



**ATTENTION!!!**

Did you miss the last Vaccination POD? Are you interested in the vaccine?

***Patients Age 18-64 with High-Risk Medical Conditions and  
other Essential Workers Not Listed in 1B***

**POD #4— FRIDAY, JANUARY 29, 2021**

**POD #5—SATURDAY, JANUARY 30, 2021**

**HUALAPAI TRIBAL GYM**

**10:00 A.M. - 3:00 P.M.**

IHS has a partnership with the Hualapai Incident Command Team to continue to work through the COVID-19 Vaccine Prioritization Phases.

*Contact IHS at (928) 769-2900 or Hualapai ICT at (928) 769-0001, 0002, 0003 for further questions, concerns or if you are interested in receiving your vaccination.*



# NEW COVID-19 VARIANTS



## WHAT WE KNOW

Viruses constantly change through mutation, and new variants of a virus are expected to occur over time. Sometimes new variants emerge and disappear. Other times, new variants emerge and persist. Multiple variants of the virus that causes COVID-19 have been documented in the United States and globally during this pandemic.



The virus that causes COVID-19 is a type of coronavirus, a large family of viruses. Coronaviruses are named for the crown-like spikes on their surfaces. Scientists monitor changes in the virus, including changes to the spikes on the surface of the virus. These studies, including genetic analyses of the virus, are helping us understand how changes to the virus might affect how it spreads and what happens to people who are infected with it.

## WHAT WE DO NOT KNOW

Scientists are working to learn more about these variants, and more studies are needed to understand:




- How widely these new variants have spread
- How the new variants differ
- How the disease caused by these new variants differs from the disease caused by other variants that are currently circulating



## WHAT IT MEANS


**Public health officials are studying these variants quickly to learn more to control their spread. They want to understand whether the variants:**

- 
- Spread more easily from person to person
  - Cause milder or more severe disease in people
  - Are detected by currently available viral tests
  - Respond to medicines currently being used to treat people for COVID-19
  - Change the effectiveness of COVID-19 vaccines.

**There is no evidence that this is occurring, and most experts believe this is unlikely to occur because of the nature of the immune response to the virus.**

## WHAT CDC IS DOING

CDC, in collaboration with other public health agencies, is monitoring the situation closely. CDC is working to detect and characterize emerging viral variants and expand its ability to look for COVID-19 and new variants.

Furthermore, CDC has staff available on-the-ground support to investigate the characteristics of viral variants. CDC is collaborating with EPA to confirm that disinfectants on EPA's List N: Disinfectants for Coronavirus (COVID-19)  inactivate these variant viruses. As new information becomes available, CDC will provide updates.

**\*\*All information cited from CDC.gov\*\***

## #StopTheSpread

# The Covid-19 Vaccination is an important tool to help stop the pandemic

### **01** The safety of the vaccines is top priority

The U.S. vaccine safety system ensures that vaccines are as safe as possible. The two FDA approved Covid vaccines have been tested on over 74,000 people. The vaccines are found to be safe and 94-95 % effective

### **02** Facts about the vaccine.

- The vaccine will not give you Covid-19, there is no live virus used in vaccine
- The vaccine will not cause you to test positive on a covid -19 viral lab test
- Getting vaccinated can help prevent getting sick with Covid-19
- People who have gotten Covid-19 may still benefit from getting the vaccine
- The vaccine will not alter your DNA

### **03** Side effects that have been reported include but are not limited to: pain at injection site, redness or swelling at injection site, tiredness, headache, muscle pain, chills, joint pain, fever, nausea, swollen lymph nodes, allergic reaction

### **04** How long until I'm protected?

- Two doses are required and will be scheduled 3-4 weeks apart.
- You may not be fully protected until 1-2 weeks after your second dose of vaccine




**PRESS RELEASE UPDATE FOR 01.21.2020 AT 6:29 P.M.**

(24) TESTED  
 (1) NEW POSITIVE(S)  
 (7) RECOVERIES!!  
 (3) HOSPITALIZED  
 (279) OVERALL POSITIVES

*Our priority is the safety and health of the Hualapai Tribe. The Incident Management Team along with all of tribal departments and Indian Health Services are working together to prepare and respond to COVID-19 cases.*

**INCIDENT MANAGEMENT****COVID TRACKER**

**April 2020 – January 21, 2021**

|  | Hualapai enrolled living within the boundary | Hualapai enrolled who do not reside within the boundary | Non-member living within the community boundary | Non-member associated with the Hualapai Tribe who does not live within The boundary | Totals |
|---|--|---|---|---|--------|
| Current Tracker   | 28   | 02  | 03  | 04  | 37     |
| Positive  | 210  | 26  | 19  | 24  | 279    |
| Recoveries  | 170  | 23  | 17  | 19  | 229    |
| Currently Hospitalized  | 02   | 01  | 00  | 00  | 03     |
| Deaths  | 12   | 00  | 01  | 00  | 13     |

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE PUBLIC INFORMATION OFFICER  
 TELEPHONE (928) 769-0001, 0002, 0003. WEBSITE INFORMATION [WWW.HUALAPAI-NSN.GOV](http://WWW.HUALAPAI-NSN.GOV)

*Our priority is the safety and health of the Hualapai Tribe. The Incident Management Team along with all of tribal departments and Indian Health Services are working together to prepare and respond to COVID-19 cases.*



## INCIDENT MANAGEMENT

To: Hualapai Tribal Council  
Indian Health Services – Peach Springs

From: Incident Commander *Delia Anderson*

Date: Dec. 31, 2020

RE: Isolation & Quarantine

Effective immediately, the following will supersede prior protocols for COVID-19 Isolation and Quarantine period, with the following protocols implemented from the Centers for Disease Control and Prevention (CDC) recommendations regarding Isolation and Quarantine, the team's experience dealing with cases, and consultation with Indian Health Services the ICT is implementing the Standard Operational Procedure below.

### Isolation: Confirmed COVID-19 Positive

- 10-day isolation from the time individual(s) test positive. Day 10 (24-hour period) with no COVID-19 symptoms.
- The IHS Health Care Provider will determine to release or continue isolation

### Quarantine: Person Under Investigation "Close Contact"

- 7-day quarantine, on the 7<sup>th</sup> day test with IHS Health Care Provider who will recommend testing method.
- The IHS Health Care Provider will determine to release or transfer the individual(s) to isolation

Individuals who test positive for COVID-19 will be provided a consent form to determine the options taken below.

1. Isolate at the Hualapai Lodge
2. Isolate within the individual(s) residence understanding the CDC recommendations for Isolation. All individuals isolated within the household will remain in place until further recommendations are provided by the IHS Health Care Provider.

All communication precautionary safety will be through the guidance of the Center for Disease Control and Prevention recommendations.

## CORONAVIRUS DISEASE 2019 (COVID-19)

COVID-19 vaccines  
will not give you  
COVID-19.

RECEPTION



# ICT HAS RELOCATED

The Incident Command Team Headquarters will now be at  
940 Hualapai Way in the Healing House Facility.

***We will no longer be in the Health and Wellness Department.***

Please call ICT for directions or questions at 928-769-0001,

0002 or 0003

Han'kyu





# **ICT Hours Of Operation**

**Monday through Friday**  
**8am to 5pm**

Phone lines 769-0001, 0002,  
and 0003 will not be answered  
on **Saturdays and Sundays**

**NO HOME TO HOME DELIVERIES OR  
DONATIONS WILL BE DONE ON  
SATURDAYS AND SUNDAYS.**

- Quarantine, Isolation and Lodge tentants may call orders into the Walapai Market and have a delivery from there on the weekends.

**HOME TO HOME DELIVERIES OR  
DONATIONS ARE TO BE DONE MONDAY  
THROUGH FRIDAY FROM 8AM TO 5PM**

- Deliveries will be done throughout the day with the last request fulfilled at 5pm.  
**WEEKEND DELIVERIES WILL NOT BE DONE.**

**THERE IS NO PIO ON DUTY ON  
SATURDAYS ON SUNDAYS TO ANSWER  
THE PHONE LINES**

If you have an emergency, please contact:

**HNES (EMERGENCY SERVICES)  
928-769-2205**

**Hualapai Nation Police Dept  
928-769-2220**



## **MARKET ORDERS FOR QUARANTINE/ ISOLATED HOMES**

**Market orders will have a designated time set aside for delivery to Quarantine and Isolated homes only.**

- 1st order time will be between 10am and 11am- please place your order BEFORE 9:30AM.**
- 2nd order time will be between 2pm to 3pm- please place your order BEFORE 1:30PM.**

**PLEASE CALL THE MARKET  
AT 928-769-1500 TO PLACE  
YOUR ORDER AND ICT WILL  
DELIVER TO YOUR HOME**



THANK YOU- ICT



HUALAPAI TRIBAL COUNCIL  
RESOLUTION NO. 54 -2020  
OF THE GOVERNING BODY OF THE  
HUALAPAI TRIBE OF THE HUALAPAI RESERVATION

**Color Coding COVID19 Alert System**

- WHEREAS, the Hualapai Tribe is a federally recognized Indian Tribe located on the Hualapai Indian Reservation in Northwestern Arizona; and
- WHEREAS, the Hualapai Tribal Council has the power to represent the Tribe and act in all matters That concern the welfare of the Tribe pursuant to Article V (r) of the Hualapai Constitution; and
- WHEREAS, the Hualapai declared a State of Emergency in connection with COVID-19 on March 17<sup>th</sup>, 2020; and
- WHEREAS, The Tribal Incident Command Team (ICT) has prepared an Emergency Measure Order's listed below to protect the Hualapai community by limiting exposure to COVID-19 and to limit community movement; and
- WHEREAS, The Hualapai Tribal Council Passed Resolution 18-2020, with necessary measures to fulfill the mission of COVID-19 mitigation; and
- WHEREAS, The Hualapai Tribal Police Department, and authorized commissioned officers are to Issue citations and implement Section 6.92 "endangerment" (Tribal Resolution 26-2020) Shall be as a civil sanction:
- WHEREAS, The Incident Commander shall notify the Tribal Council to any escalation or de-escalation event
- WHEREAS, the intent of the orders listed below are to limit COVID-19 spread and protect the Hualapai community

**THEREFORE IT BE RESOLVED,**

The Hualapai Tribal Council gives the authority to determine the following, of escalating and deescalating COVID-19 Response based on a Color Coding Alert System to the Incident Commander of the ICT to negate the impacts of COVID-19 to preserve public health to the greatest extent possible and to slow the spread of COVID-19.

The Color Coding Alert System to escalation and de-escalation shall be determined based on following specific to the Hualapai Reservation, and shall be applicable three (3) days after determination of the escalating or deescalating COVID-19 Response.

Color Coding Alert System does not cease or replace prior resolutions in regards to COVID-19 Response and Protection of the Hualapai Reservation, the color coding alert system identifies the escalating and deescalating of the COVID-19 Response.

Escalation and de-escalation determination shall be as follows:

**Color Coding COVID19 Alert System:**

**Red Alert:** COVID Pandemic still active, COVID 19 Community Spread is evident through contact tracing. 14 Day Lockdown of the Hualapai Reservation Implemented regarding Resolution 38 to slow the spread of the virus. Households placed on Isolation-Quarantine status until determined recovered from the virus, Curfew from the hours of 8pm to 5am daily to slow the spread of the COVID-19 virus.

If statistical data indicates continued growth of Community Spread, lockdown shall be extended to, and shall not exceed 21 days total.

Lockdown shall temporarily prohibit all activities, to include non-essential tribal employees working. Essential and non-essential employment shall be at the discretion of the tribal council or department head.

**Orange Alert:** COVID-19 Pandemic still active, COVID-19 case(s) on the Hualapai Reservation with no community spread according to Contact Tracing. Households placed on isolation-quarantine status until determined recovered. Stay at Home Order as per resolution 36-2020 remain in effect for a period of time while COVID-19 virus is active on the Hualapai Reservation until determined no COVID-19 Cases are actively being monitored. Curfew from the hours of 8pm to 5am daily to slow the spread of the COVID-19 virus.

Stay at Home Order in effect, limited access shall be allowed on the reservation to only essential functions including work, financial obligations, school, legal and legislative matters, and a curfew order shall be in effect from the hours of 8PM to 5AM daily.

While the Stay at Home Order is in effect, persons entering and exiting the reservation are subject to visual inspection at inspection points located throughout the reservation when entering or leaving and shall limit their travel through the inspection station to 2 trips per day for essential matters only. Persons are limited to only persons from the same household within a vehicle while traveling.



- Blue Alert:** COVID-19 Pandemic still active. No active COVID 19 cases on the Hualapai Reservation. No Community Spread. Curfew from the hours of 8pm to 5am daily to slow the spread of the COVID-19 Virus. Limiting travel off the reservation is discouraged to help control the virus and limit travel for essential needs. All CDC guidelines followed for precautions to avoid the virus.  
i.e. properly wearing a Face masks, properly washing hands, sanitizing and social distancing.
- Green Alert:** COVID 19 Pandemic Ceased, lowest risk, Vaccine available.

**THEREFORE IT BE FURTHER RESOLVED,**

Fines and penalties shall apply **for** persons that violate following:

**Stay at Home Order**

**Lockdown**

**Isolation/Quarantine**

**CERTIFICATION**

I, the undersigned as Chairman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal council of the Hualapai Tribe is composed of 9 members of whom eight (8) constituting a quorum were present at a Regular Council Meeting held on this 4<sup>th</sup> day of September, 2020, and that the foregoing resolution was duly adopted by a vote of 8 approve, 0 not voting, 1 excused; pursuant to authority of Article V, Section A, of the Constitution of the Hualapai Tribe approved March 13, 1991.

**ATTEST:**

  
Shanna Salazar, Administrative Assistant  
Hualapai Tribal Council

  
Dr. Damon R. Clarke, Chairman  
Hualapai Tribal Council



# COVID-19

## Color Coding Alert

(928) 769-0001 / 0002 / 0003

| <b>RED</b>                      | <b>Orange</b>                   | <b>Blue</b>           | <b>Green</b>         |
|---------------------------------|---------------------------------|-----------------------|----------------------|
| COVID 19 Cases                  | COVID 19 Case(s)                | No Cases              | No Cases             |
| Community Spread<br><b>High</b> | Community Spread<br><b>None</b> |                       |                      |
| <b>Curfew</b>                   | <b>Curfew</b>                   | <b>Curfew</b>         | Vaccine<br>Available |
| Community<br>Lockdown           | Stay At<br>Home<br>Order        | <b>Stay<br/>Alert</b> |                      |



# GENERAL INFORMATION & EVENTS

## Request for Qualifications for General Manager • Hualapai Tribal Utility Authority

Submitted by: Kevin Davidson | Hualapai Planning Department



### Request for Qualifications for General Manager for the Hualapai Tribal Utility Authority

The Hualapai Planning Department (Planning), in association with the Hualapai Tribal Utility Authority (HTUA), is seeking a part time General Manager to provide guidance and structure to the HTUA Board members and associated staff. In addition, the Board seeks a General Manager with experience in constructing a power lines, community-scale solar arrays, managing existing federal power contracts held by the Tribe, negotiating various supply and wheeling agreements to bring power to the Hualapai Reservation, assisting the HTUA in its pending loan application to USDA, Rural Utilities Service, and negotiating leases for utility rights-of-way. The General Manager shall be responsible for the day-to-day operations of HTUA, subject to oversight by the Board of Directors.

The RFQ will close on January 29, 2021 at 4:00 PM Arizona Time. Proposals will be accepted from both Indian-owned and other firms for this project. All questions must be submitted in writing and may be sent via email to the individual listed below. All proposals shall be submitted to:

Kevin A. Davidson, Director  
Hualapai Tribe Planning & Economic Development Department

Mail to: P.O. Box 179 or  
Deliver to: 887 W. Highway 66  
Peach Springs, Arizona 86434  
Phone: (928) 769-1310 Ext. 22  
Fax: (928) 769-1377  
Or e-mail to: [kdavidson@hualapai-nsn.gov](mailto:kdavidson@hualapai-nsn.gov)  
See [www.hualapai-nsn.gov](http://www.hualapai-nsn.gov) for RFQ postings

## Request for Proposals from Commercial Contractors • Hualapai Elderly Center Renovation

Submitted by: Kevin Davidson | Hualapai Planning Department



### NOTICE OF REQUEST FOR PROPOSALS FROM COMMERCIAL CONTRACTORS, RFP NO. 01-2021

#### ELDERLY CENTER RENOVATION AND REPAIR IN PEACH SPRINGS

Notice is hereby given that the Hualapai Indian Tribe, hereinafter referred to as the "Tribe," is soliciting Proposals from building contractors to renovate and repair of the Senior Center in Peach Springs, located on the Hualapai Reservation, Arizona.

The Tribe invites interested firms to submit written Proposals relating to this project. The Tribe will select the top-rated Offer. The renovation and repair work must be completed by July 31, 2021.

The pre-submittal conference will be held on February 3, 2021, 2:00 P.M. Hualapai Senior Center, 537 Canyon View Drive, Peach Springs, AZ 86434

Proposals are due on February 19, 2021, 2:00 P.M. at Hualapai Planning and Economic Development Dept., 887 West Highway 66, Peach Springs, AZ 86434

QUESTIONS SHALL BE DIRECTED TO: Kevin A. Davidson, Planning and Economic Development Director, (928) 769-1310, [kdavidson@hualapai-nsn.gov](mailto:kdavidson@hualapai-nsn.gov)





## Hualapai Planning Department • Seeking One (1) New TERC Member

*Submitted by: Kevin Davidson | Hualapai Planning Department*

The Great Spirit created Man and Woman in his own image. In doing so, both were created as equals. Both depending on each other in order to survive. Great respect was shown for each other; in doing so, happiness and contentment was achieved then, as it should be now.

The connecting of the Hair makes them one person; for happiness or contentment cannot be achieved without each other.

The Canyons are represented by the purples in the middle ground, where the people were created. These canyons are Sacred, and should be so treated at all times.

The Reservation is pictured to represent the land that is ours, treat it well.



The Reservation is our heritage and the heritage of our children yet unborn. Be good to our land and it will continue to be good to us.

The Sun is the symbol of life, without it nothing is possible - plants don't grow - there will be no life - nothing. The Sun also represents the dawn of the Hualapai people. Through hard work, determination and education, everything is possible and we are assured bigger and brighter days ahead.

The Tracks in the middle represent the coyote and other animals which were here before us.

The Green around the symbol are pine trees, representing our name Hualapai - PEOPLE OF THE TALL PINES.

**Hualapai Tribe**  
**Department of Planning & Economic Development**  
 P.O. Box 179/887 W. Highway 66, Peach Springs, Arizona 86434  
 Phone (928) 769-1310      Fax (928) 769-1377

## The Planning Department is Seeking One New TERC Member

Greetings Community Members:

The Planning Department is looking for one new applicant for the Tribal Environmental Review Commission (TERC) or Board of Commissioners. Below is a summary of what TERC is and what duties it perform.

Under the Hualapai Environmental Review Code (HERC), the Board of Commissioners has the primary authority, under the direction of the Hualapai Tribal Council, for regulating land use and development of Hualapai Tribal Lands. The Board of Commissioners is composed of seven (7) members who are appointed by the Tribal Council.

Their function is to review and regulate, including issuing permits for, all development activities that are proposed for any land site within Hualapai Tribal lands, in order to ensure that:

- (1) no development activity will be carried out without a permit; and
- (2) all development activities will be carried out in accordance with all applicable tribal and federal environmental protection laws and regulations.

If you are interested, you can pick up an application at the Hualapai Planning Department located at 887 Hwy 66 (next to 76 fuel station). You can also request an application be mailed or e-mailed to you. **The due date for applications is Thursday, February 25, 2021.** If you have any questions please feel free to contact me at 769-1310 or e-mail at: [kdavidson@hualapai-nsn.gov](mailto:kdavidson@hualapai-nsn.gov)

Respectfully,

Kevin Davidson, Director, Planning & Economic Development





# *Hualapai Tribal Nation*

## *Tribal Environmental Review Commission*

### *Application*

**PLEASE PRINT OR TYPE CLEARLY**

**Application Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_  
(Last) (First) (Middle)

**Address:** \_\_\_\_\_  
PO Box # City State Zip

**Home Phone:** (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ **Message:** (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Employer:** \_\_\_\_\_

**Business Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_  
Street/PO City State Zip

**Your Title:** \_\_\_\_\_ **Business (Phone Number):** (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

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**PROFESSIONAL AND/OR CIVIC ACTIVITIES?**

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**PLEASE DESCRIBE WHY YOU WOULD LIKE TO SERVE ON THIS COMMISSION?**

**IN WHAT WAY DO YOU FEEL YOU WILL BE OF BENEFIT TO THE PUBLIC BY SERVING ON THIS COMMISSION?**

---

**Are you available for evening meetings?    ☐ YES    ☐ NO**

**Are you available for morning meetings (9:00 AM)?    ☐ YES    ☐ NO**

**Are you available for lunch meetings?    ☐ YES    ☐ NO**

**Are there any days of the week you cannot make meetings?**

**☐ MONDAY    ☐ TUESDAY    ☐ WEDNESDAY    ☐ THURSDAY    ☐ FRIDAY**

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**PLEASE NOTE:**

***THIS COMMISSION IS SUBJECT TO DISCLOSURE OF CONFLICTS OF INTEREST.***

***THE PLANNING OFFICE CAN SUPPLY YOU WITH COMPLETE INFORMATION ON THE DUTIES OF THE COMMISSION.***

***I HEREBY CERTIFY THAT THE ABOVE INFORMATION CONTAINED HEREIN IS TRUE AND ACCURATE TO THE BEST OF MY KNOWLEDGE.***

---

**Applicant's Signature**

**PLEASE RETURN TO:**  
**Hualapai Tribal Nation**  
**Planning Department**  
**Attn: Michelle Zephier**  
**887 Highway 66/O Box 179**  
**Peach Springs, AZ 86434**

## First Things First • Preparing for the First Day of Kindergarten Starts Now

Submitted by: Tara Gene, Regional Director | First Things First



HUALAPAI TRIBE  
REGIONAL PARTNERSHIP COUNCIL

### PREPARING FOR THE FIRST DAY OF KINDERGARTEN STARTS NOW

The start of the new year may seem early to start thinking about the first day of school, but for families with children entering kindergarten next school year, it's not too soon to get ready. In fact, many schools hold their kindergarten registration events beginning this month.

In 2021, discussions about virtual learning vs. onsite classrooms also are a factor for families preparing their child for their first year of elementary school. The first step is for parents to contact their local school for kindergarten registration information.



Then, at home, no matter what back-to-school situation families may face there are things families can do to help their child be successful on the first day of kindergarten. First Things First (FTF), Arizona's early childhood agency, has resources to help parents and caregivers online on the [FTF Kindergarten Readiness page](https://www.firstthingsfirst.org/resources/kindergarten-readiness/), found at <https://www.firstthingsfirst.org/resources/kindergarten-readiness/>.

Below are some tips from FTF to help ease your preschooler's transition to kindergarten:

- Read with your child at least 20 minutes per day. This can be done by having short reading sessions throughout the day to add up to 20 minutes total, which can help with shorter attention spans. Try books that repeat words; involve activities like counting, identifying colors, objects or letters; or, are about things your child likes. Ask questions like, "What do you think happens next?"

### ABOUT FIRST THINGS FIRST

As Arizona's early childhood agency, First Things First funds early learning, family support and children's preventive health services to help kids be successful once they enter kindergarten. Decisions about how those funds are spent are made by local councils staffed by community volunteers. To learn more, visit [FirstThingsFirst.org](https://www.FirstThingsFirst.org).

- Talk with your child everywhere – at home, in the car, at the store. Have real conversations with your preschooler. Make up stories or songs about your outings.
- Writing begins with scribbling. Give your child safe writing tools to play with, like crayons, chalk or markers and blank paper. Ask your child to tell you about their drawings. Also, writing requires fine motor strength. Your child can build hand strength by playing with play dough.
- Teach your child how to use the bathroom by themselves, to wash their hands after going to the bathroom and before eating, to blow their nose and sneeze into their elbow.
- Since preschoolers may be in places where cloth face coverings are required, help them get used to wearing them. The American Academy of Pediatrics offers reassurance that mask wearing becomes routine when reinforced by adults and peers, just like wearing a bicycle helmet and buckling into their car seats. The American Academy of Pediatrics recommends that parents limit screen time for young children, and that children younger than 18 months should avoid the use of screen media. But video chat is an exception, even for babies.

Even if you don't have kindergarteners this year, it's never too early to start helping kids prepare. Children who have positive early childhood experiences tend to score higher on school readiness assessments and are more likely to do well in school and graduate.

By turning everyday moments into learning moments, we can send our young kids to school with the skills and confidence that will help them succeed in kindergarten and beyond.

### FIRST THINGS FIRST HUALAPAI TRIBE REGIONAL PARTNERSHIP COUNCIL

Pearl Sullivan, Chair  
Renee Beecher, Vice Chair  
Omaovensi Coochwytewa  
Leon Ghahate  
Wanda Quasula  
Amelia Sullivan  
Chira Walema



**Grand Canyon West • Internship Programs**  
*Submitted by: Heather Nieto | Grand Canyon Resort Corporation*



# INTERNSHIP PROGRAMS

The Grand Canyon Resort Corporation (GCRC) is looking for 3 determined individuals for the following Internship Programs:

## 1 INFORMATION TECHNOLOGY



## 2 HUALAPAI LEADERSHIP



## 3 MARKETING INTERN



One individual will be selected for each of the 3 Internship Programs.

## REQUIREMENTS TO APPLY

- Must be an enrolled Hualapai Tribal Member
- Can either be a **current** GCRC Employee or member of the community
- Have a current Arizona driver's license
- Be able to complete a Drug Screening
- Be able to pass a background check
- Have a reliable source of transportation
- Have a GED or High School Diploma
- Fill out a GCRC Application
- Submit a 1-page essay on why you should be selected for one of the Internship Programs
- Submit 3 separate references and must include **contact** information (must not be immediate family members)
- Be committed to completing a 2-year\* long program

Accepting Applications

» **FEBRUARY 1<sup>ST</sup>-19<sup>TH</sup>** «

Any questions or if you're going to apply please contact:

**Heather Nieto**  
 Training & Development Manager

Office: (928)440-5283  
 Work Cell: (928)769-6575



**AgDiscovery 2021***Submitted by: Elisabeth Alden | UofA, Extension Office***USDA**United States Department of Agriculture  
Animal and Plant Health Inspection Service**AgDiscovery  
2021**[www.aphis.usda.gov/agdiscovery](http://www.aphis.usda.gov/agdiscovery)

AgDiscovery is a unique opportunity for students to explore agricultural sciences, and gain knowledge about careers in animal and plant disciplines, wildlife management, veterinary medicine, biotechnology, entomology, food safety, food production, agribusiness, forestry, and MUCH more! Students experience hands-on learning workshops, behind-the-scenes tours, laboratory and field exercises, in addition to a variety of cultural and teambuilding activities.

**AgDISCOVERY 2021 WILL BE CONDUCTED NATIONWIDE AT THE FOLLOWING UNIVERSITIES:**

- Alcorn State University (June 13-25)
- California State University, Fresno (June 6-19)
- Coppin State University (July 11-24)
- Delaware State University (July 5-17)
- Florida A&M University (June 13-26)
- Fort Valley State University (June 7-18)
- Iowa State University (June 13-26)
- Kentucky State University (June 6-19)
- Lincoln University (July 11-24)
- North Carolina State University (June 14-25)
- Prairie View A&M University (June 14-25)
- Purdue University (July 11-24)
- Tuskegee University (June 5-19)
- University of Arizona (June 14-25)
- University of Arkansas Pine Bluff (June 12-25)
- University of Hawaii at Mānoa (July 11-24)
- University of Illinois Urbana-Champaign (July 11-31)
- University of Maryland College Park (July 11-30)
- University of Maryland Eastern Shore (June 13-26)
- University of the Virgin Islands (July 18-31)
- Virginia State University (July 14-23)






**Hualapai Department of Education & Training • Higher Education Program Extended**  
*Submitted by: Misty Watahomigie | Hualapai Department of Education & Training*



# HUALAPAI HIGHER EDUCATION FUNDING PROGRAM APPLICATION

## DEADLINE EXTENDED ...TO MARCH 01, 2021




Please send in  
documents as soon  
as possible!

The sooner the better for application review

Hualapai Education & Training Center

928-769-2200

[Hualapaieducationdepartment@gmail.com](mailto:Hualapaieducationdepartment@gmail.com)



**Grand Canyon Resort Corporation • Ranch Auction**  
*Submitted by: Nicholas Cabrera | Grand Canyon Resort Corporation*

# RANCH

# AUCTION



- Wagon 1
- Horse Drawn
- As-Is condition
- Bidder is responsible for pick-up

The Grand Canyon Resort Corporation is auctioning Ranch items.

**Wagon One Bid #1901**

Auction Opens: Jan. 29, 2021

Auction Closes: Feb. 25, 2021

Announcement: Mar. 1, 2021

### REQUIREMENTS:

- A minimum bid of \$200
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

### SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1901
- Full Name
- Contact Number
- Amount of bid, no less than \$200

### Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434

### Or hand delivered to:

Administrative office - Procurement Dept in Peach Springs.

Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

**GCRC Employees are not eligible to bid at this time.**



# RANCH



- Wagon 2
- Ornamental Only
- As-Is condition
- Bidder is responsible for pick-up

# AUCTION

The Grand Canyon Resort Corporation is auctioning Ranch items.

**Wagon Two Bid #1902**

Auction Opens: Jan. 29, 2021

Auction Closes: Feb. 25, 2021

Announcement: Mar. 1, 2021

## REQUIREMENTS:

- A minimum bid of \$20
- **Must be an enrolled Hualapai Tribal Member**
- Bid must be received by SPM on Feb 25, 2021

## SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1902
- Full Name
- Contact Number
- Amount of bid, no less than \$20

## Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434

## Or hand delivered to:

Administrative office - Procurement Dept in Peach Springs.

Bids must be in a sealed envelope.

**All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950**

**GCRC Employees are not eligible to bid at this time.**

# RANCH



- **Wagon 3**
- Ornamental, Horse Drawn
- As-Is condition
- Bidder is responsible for pick-up

# AUCTION

The Grand Canyon Resort Corporation is auctioning Ranch items.

**Wagon Three Bid #1903**

Auction Opens: Jan. 29, 2021

Auction Closes: Feb. 25, 2021

Announcement: Mar. 1, 2021

## REQUIREMENTS:

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by SPM on Feb 25, 2021

## SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1903
- Full Name
- Contact Number
- Amount of bid, no less than \$100

## Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434

## Or hand delivered to:

Administrative office - Procurement Dept in Peach Springs.

Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

**GCRC Employees are not eligible to bid at this time.**

# RANCH

# AUCTION



- Wagon 4
- As-Is condition
- Bidder is responsible for pick-up

The Grand Canyon Resort Corporation is auctioning Ranch items.

**Wagon Four Bid #1904**

Auction Opens: Jan. 29, 2021

Auction Closes: Feb. 25, 2021

Announcement: Mar. 1, 2021

## REQUIREMENTS:

- A minimum bid of \$200
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

## SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1904
- Full Name
- Contact Number
- Amount of bid, no less than \$200

## Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434

## Or hand delivered to:

Administrative office - Procurement Dept in Peach Springs.

Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

**GCRC Employees are not eligible to bid at this time.**



# RANCH



- Wagon 5
- As-Is condition
- Bidder is responsible for pick-up

# AUCTION

The Grand Canyon Resort Corporation is auctioning Ranch items.

**Wagon Five Bid #1905**

Auction Opens: Jan. 29, 2021

Auction Closes: Feb. 25, 2021

Announcement: Mar. 1, 2021

## REQUIREMENTS:

- A minimum bid of \$200
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by SPM on Feb 25, 2021

## SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1905
- Full Name
- Contact Number
- Amount of bid, no less than \$200

## Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434

## Or hand delivered to:

Administrative office - Procurement Dept in Peach Springs.

Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

**GCRC Employees are not eligible to bid at this time.**

# RANCH



- Wagon 6
- As-Is condition
- Bidder is responsible for pick-up

# AUCTION

The Grand Canyon Resort Corporation is auctioning Ranch items.

## Wagon Six Bid #1906

Auction Opens: Jan. 29, 2021

Auction Closes: Feb. 25, 2021

Announcement: Mar. 1, 2021

### REQUIREMENTS:

- A minimum bid of \$200
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

### SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1906
- Full Name
- Contact Number
- Amount of bid, no less than \$200

### Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434

### Or hand delivered to:

Administrative office - Procurement Dept in Peach Springs.

Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

**GCRC Employees are not eligible to bid at this time.**



# RANCH



- Wagon 7
- As-is condition
- Bidder is responsible for pick-up

# AUCTION

The Grand Canyon Resort Corporation is auctioning Ranch items.

**Wagon Seven Bid #1907**

Auction Opens: Jan. 29, 2021

Auction Closes: Feb. 25, 2021

Announcement: Mar. 1, 2021

## REQUIREMENTS:

- A minimum bid of \$50
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

## SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1907
- Full Name
- Contact Number
- Amount of bid, no less than \$50

## Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434

## Or hand delivered to:

Administrative office - Procurement Dept in Peach Springs.

Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

**GCRC Employees are not eligible to bid at this time.**

# RANCH



- 2008 Wagon
- Ornamental Only
- As-Is condition
- Bidder is responsible for pick-up

# AUCTION

The Grand Canyon Resort Corporation is auctioning Ranch items.

**Wagon Eight Bid #1908**

Auction Opens: Jan. 29, 2021

Auction Closes: Feb. 25, 2021

Announcement: Mar. 1, 2021

## REQUIREMENTS:

- A minimum bid of \$20
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

## SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1908
- Full Name
- Contact Number
- Amount of bid, **no** less than \$20

## Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434

## Or hand delivered to:

Administrative office - Procurement Dept in Peach Springs.

Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

**GCRC Employees are not eligible to bid at this time.**



# RANCH



- Wagon 9
- Ornamental Only
- As-Is condition
- Bidder is responsible for pick-up

# AUCTION

The Grand Canyon Resort Corporation is auctioning Ranch items.

**Wagon Nine Bid #1909**

Auction Opens: Jan. 29, 2021

Auction Closes: Feb. 25, 2021

Announcement: Mar. 1, 2021

## REQUIREMENTS:

- A minimum bid of \$50
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by SPM on Feb 25, 2021

## SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1909
- Full Name
- Contact Number
- Amount of bid, no less than \$50

## Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434

## Or hand delivered to:

Administrative office - Procurement Dept in Peach Springs.

Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

**GCRC Employees are not eligible to bid at this time.**

# RANCH

# AUCTION



- 2008 Wagon
- As-is condition
- Bidder is responsible for pick-up

The Grand Canyon Resort Corporation is auctioning Ranch items.

**Wagon Ten Bid #1910**

Auction Opens: Jan. 29, 2021

Auction Closes: Feb. 25, 2021

Announcement: Mar. 1, 2021

## REQUIREMENTS:

- A minimum bid of \$300
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

## SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1910
- Full Name
- Contact Number
- Amount of bid, no less than \$300

## Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434

## Or hand delivered to:

Administrative office - Procurement Dept in Peach Springs.

Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

**GCRC Employees are not eligible to bid at this time.**



# RANCH AUCTION



**BID #1911 one available.**  
\$15



**BID #1912 two available,**  
One has holes near top. \$10



**BID #1913 one available.**  
\$30



**BID #1914 one available.**  
\$15



**BID #1915 six available.**  
\$30 each



**BID #1917 one available.**  
\$10



**BID #1918 one available.**  
\$20

- **Winning Bidder is responsible for pick up.**

**The Grand Canyon Resort Corporation is auctioning Water and Food tanks.**

**Each photo has a Bid #**

**Auction Opens: Jan. 29, 2021**

**Auction Closes: Feb. 25, 2021**

**Announcement: Mar. 1, 2021**

## REQUIREMENTS:

- A minimum bid of amount listed under item #
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by SPM on Feb 25, 2021

## SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Correct Bid #
- Full Name
- Contact Number
- Amount of bid, **no** less than listed amount

## Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434

## Or hand delivered to:

Administrative office - Procurement Dept In Peach Springs.

Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

**GCRC Employees are not eligible to bid at this time.**

# RANCH AUCTION



**BID #1919 one available.**  
\$20



**BID #1920 One available.**  
\$5



**BID #1921 one available.**  
\$10



**BID #1922 one available.**  
\$50



**BID #1923 one available.**  
\$20



**BID #1924 one available.**  
\$30



**BID #1925 one available.**  
\$20



**BID #1926 one available.**  
\$5

- **Winning Bidder is responsible for pick up.**

The Grand Canyon Resort Corporation is auctioning Miscellaneous Items.  
Each photo has a Bid #

Auction Opens: Jan. 29, 2021

Auction Closes: Feb. 25, 2021

Announcement: Mar. 1, 2021

## REQUIREMENTS:

- A minimum bid of amount listed under item #.
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by SPM on Feb 25, 2021

## SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Correct Bid #
- Full Name
- Contact Number
- Amount of bid, no less than listed amount

## Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434

## Or hand delivered to:

Administrative office - Procurement Dept in Peach Springs.

Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

**GCRC Employees are not eligible to bid at this time.**



# RANCH

# AUCTION



BID #1919 one available.  
\$20



BID #1920 One available.  
\$5



BID #1921 one available.  
\$10



BID #1922 one available.  
\$50



BID #1923 one available.  
\$20



BID #1924 one available.  
\$30



BID #1925 one available.  
\$20



BID #1926 one available.  
\$5

- Winning Bidder is responsible for pick up.

The Grand Canyon Resort Corporation is auctioning Miscellaneous Items.  
Each photo has a Bid #

Auction Opens: Jan. 29, 2021

Auction Closes: Feb. 25, 2021

Announcement: Mar. 1, 2021

## REQUIREMENTS:

- A minimum bid of amount listed under item #.
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by SPM on Feb 25, 2021

## SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Correct Bid #
- Full Name
- Contact Number
- Amount of bid, **no** less than listed amount

## Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434

## Or hand delivered to:

Administrative office - Procurement Dept in Peach Springs.

Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

**GCRC Employees are not eligible to bid at this time.**

# HEALTH & SAFETY INFORMATION

## Hualapai Tribal Practices for Wellness in Indian Country • Talking Circle

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness

### Hualapai Tribal Practices for Wellness in Indian Country



Hualapai TPWIC is inviting you to a scheduled Zoom meeting.

Topic: Talking Circle

Time: Jan 25, 2021 06:00 PM Arizona

Join Zoom Meeting

<https://us02web.zoom.us/j/81794650580?pwd=Q1RLQ2h1Sj9KZndBQ0xRMDREc0ZUZUT09>

Meeting ID: 817 9465 0580

Passcode: 996323

One tap mobile

+13462487799,,81794650580#,,,,\*996323# US (Houston)

+16699006833,,81794650580#,,,,\*996323# US (San Jose)

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington D.C.)

Meeting ID: 817 9465 0580

Passcode: 996323

Find your local number: <https://us02web.zoom.us/j/81794650580>



For more information, call Jessica Powskey at (928) 769-2207 EXTENSION 203

This presentation is provided by the Hualapai Tribal Practices for Wellness in Indian Country Grant and the Hualapai Health Education and Wellness Center Prevention Program

448 Hualapai Way  
Peach Springs, AZ 86434



**EW4H Hualapai Fitness Center • New Year's Resolution Weight Lifting Competition**  
*Submitted by: Athena Crozier | Hualapai EW4H*

## **EW4H HUALAPAI FITNESS CENTER NEW YEARS RESOLUTION WEIGHT LIFTING COMPETITION**



KETTLE BELL DOUBLE PRESS, KETTLE BELL HEAVY CARRY, BENCH PRESS

**COMPETITION HOURS: 11:00 AM - 6:30 PM**

**TUESDAY, FEBRUARY 23<sup>RD</sup> & WEDNESDAY 24<sup>TH</sup>, 2021**

COME BY FITNESS CENTER (EW4H) SEE - DAMEN ROMO OR CALL (928) 769-2644 FOR  
MORE INFORMATION: **20 MEN 20 WOMEN ALL WEIGHT CLASSES OPEN**



**EW4H HUALAPAI FITNESS CENTER**

**NEW YEARS RESOLUTION WEIGHT LIFTING COMPETITION**

**February 23<sup>RD</sup> AND February 24<sup>th</sup> 2021**

**OPEN-COMPETITION RULES**

Competition will be based on Time or Total amount of weights lifted. There will be two attempts. Kettle Bell Double Press: Total amount of weight pressed. Kettle Bell Heavy Carry: Total amount of time kettle bells are held while walking. Bench Press: Total amount of weight that is pressed.

**Hualapai EW4H • 2021 Miles Series**  
*Submitted by: Trena Bizardi | Hualapai EW4H*

# 2021 MILES SERIES

**READY  
SET  
GO**

**Start Tracking February 1st. 50 Mile Club data does not count toward this series. Start fresh!**

**You have 2021 to complete these miles. Each challenge completion comes with a new incentive. You must complete in order. Send us proof. Challenge yourself. Tracking logs available. Grand incentive for those who complete all!**

- 100 Miles
- 150 Miles
- 200 Miles
- 250 Miles
- 300 Miles

You add on to the previous miles. You complete the series with 300 total miles.

**BEGINS  
FEBRUARY  
1ST**

**Bike, Run,  
Walk or Count  
Your Steps!**

**QUESTIONS CALL  
EW4H: 769-  
1630/2644**





# Mile Tracking Log

MONTH: \_\_\_\_\_

Name: \_\_\_\_\_

Mile: \_\_\_\_\_

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## Get Vaccinated to Protect Yourself, Family and Community

Submitted by: Dr. Damon Clarke | Hualapai Tribe

# Get Vaccinated to Protect Yourself, Family, and Community

## American Indians and Alaska Natives are disproportionately affected by the COVID-19 pandemic

A vaccine helps people from catching a certain disease, like COVID-19. All vaccines are as safe as possible and are a simple way to prevent illness and community outbreaks. A vaccination is not a treatment for people who are already sick with COVID-19. Getting vaccinated helps everyone.

- Know the facts and avoid sharing misinformation.
- Start by sharing information from trusted sources like [CDC.gov](https://www.cdc.gov) and [HHS.gov](https://www.hhs.gov)
- Encourage your loved ones to get vaccinated.
- The more people in your community get vaccinated, the better everyone will be protected against COVID-19, especially those who are more vulnerable to serious illness, like elders and people in high-risk groups.
- A COVID-19 vaccine will help you from spreading the disease, and reduce your risk of getting sick, being hospitalized, or dying.
- COVID-19 vaccines are one of many important tools to help us stop this pandemic. It is important to use all the tools available to stop the pandemic, wear a mask, wash your hands, and watch your distance.

### How to cope with anxiety related to vaccination

- Stay connected with family and friends while keeping a safe physical distance. Take care of yourself and each other, and know when to get help.
- Create a list of personal self-care activities you enjoy such as exercising, meditating, singing a traditional song, praying, or connecting with nature.
- Take deep breaths and stretch.
- Maintain a sense of hope and positive thinking and remember these strong feelings of stress and anxiety will fade.



**We are all in this together. Show compassion for those most closely impacted.**

- Stay connected with family and friends through social media and video chat.
- Connect with your community and others with drumming and dancing video via social media.
- Attend a spiritual service through on-line streaming.



Ask your healthcare provider for more information.





**Behavioral Health Crisis Hotline***Submitted by: Rebecca Rice | Peach Springs Indian Health Services*

# Behavioral Health Crisis Hotline

# 1-877-756-4090

## 24 Hours a Day, Every Day.

Trained crisis intervention specialists are available every day of the year to help over the phone anytime.

The crisis line is confidential. It is open to anyone who needs help.

Our specialists can help in many ways, including:

- Talking with you to help you feel at ease
- Talking about your concerns for a loved one
- Helping you deal with difficult relationships
- Talking about thoughts of suicide
- Helping you get to safety
- Helping you arrange counseling
- Connecting to a community resource near you
- Talking through aggressive situations
- Presenting options for dealing with other urgent situations
- Helping you identify resources for care

People of all ages, from all parts of town, and from all walks of life call for help. 100% of non-English speaking callers receive assistance in their preferred language.

If your crisis cannot be solved over the phone, Crisis Response Network (CRN) can coordinate with local agencies to further assist you.

**Member services number: 1-800-322-8670**

**For medical emergencies, always call 911**



**Crisis Response  
NETWORK** *Inspiring Hope*

CRN partners with HCA by operating our Behavioral Health Crisis Hotline.  
Contract services are funded in part under contract with the state of Arizona.  
HCA BHI 9-02 (approved 8/27/2019)

# CHR PROGRAM

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# MEDICATION

## DELIVERY

CALL: (928)-715-0278  
INFORMATION NEEDED  
NAME, SCRIPT #,  
DOB OR PATIENT ID #, AND  
DELIVERY INSTRUCTIONS

MONDAY - FRIDAY  
8:00AM - 5:00PM  
LAST REQUEST FOR  
DELIVERY IS AT 4:00PM  
*EXCLUDING HOLIDAYS*

Areas: Peach Springs, Buck-N-Doe, Truxton, Valentine,  
Hackberry, Kingman

Medications will be delivered no later then 5:30pm daily.

Medication will be delivered "Contactless" to help prevent  
the spread of the COVID-19.



All information provided is confidential.



# COMMUNITY MESSAGES

## Inspirational and Encouragement Corner • We Are In Crisis

Submitted by: Josie Powsey | Hualapai Tribal Elder

### Inspirational and Encouragement Corner: We are in Crisis

Hope you will be comforted to read this message. We all have to abide by what we are to do or told to do to keep from getting the virus. Here's the first advice.

**1. Be Practical (actual practice):** The practical things to do is keep cleaning and sanitize everything as much as you can. Wash hands all the time. Do not touch your face, no hand shake or hugging. Do not be close to others (be distant).

**2. Be Prayerful:** President Trump declared National Day of Prayer. I advise you people to pray all the time, pray for a miracle that the virus would vanish; ask God to intervene. Pray for the doctors and nurses for strength and to come up with the solution to cure the virus. If we come together, meaning set a time to really pray for mercy and hope, it will be done. Keep seeking and knocking for the answer for this serious virus is dangerous!

**3. Be Proclaiming (announce):** Share with others about the Lord in time of need, desperate need! Tell and encourage others. God is with us. Look for God by prayer, seek and ask God's help for strength.

**Perspective (point of view):** God is greater than the Coronavirus! We know that all things work together. God proclaimed that things like this will come about in this world. We are to be prepared! If we believe in the Lord Jesus Christ, he will be on our side and protect us. We are in the storm right now! We all need to pray and cry unto Him, to have mercy on us and forgive us. He wants to hear this from each and everyone of us!!

**Be Respective (treat with consideration):** Obey the rules/laws this is given to us for our safety and health! When we are told to stay home (so stay home! Unless there's really a need to go out). The Bible tells us to obey His word that is given to us, to live a good life and life that is offered for us, is to live with the Lord forever and ever. Where there will be no more turmoil! No more sickness.

He says you must be born again. Pray to God to come into your heart and ask for forgiveness. He said, "I am the way!" The TRUTH and the Life! So, let's all of us get ready for a better place to go to. Have a good day!! Think positive that everything will be okay. LOVE YOU ALL in Christ!!!



The banner features five cartoon characters at the top, each wearing headphones and holding a microphone, with 'KWLP' text above them. Below them is a 'LISTEN LIVE' button with a speaker icon. To the right, the text reads 'Listen to the live and local radio station of the Hualapai Nation'. In the center, there is a globe with a computer mouse cursor pointing at it, followed by the website 'www.kwlpradio.com'. Below the website is a 'TUNE IN' button. To the right of the button is the frequency '100.9 FM' and a radio icon. At the bottom, the text says 'TuneIn radio: KWLP' and 'Always playing all kinds of music for all of Peach Springs'.

**LISTEN LIVE**

*Listen to the live and local radio station of the Hualapai Nation*

[www.kwlpradio.com](http://www.kwlpradio.com)

**TUNE IN**

**100.9 FM**

**TuneIn radio: KWLP**

*Always playing all kinds of music for all of Peach Springs*